

THE 50+ Connection

NEWS and EVENTS from the
Howard County Office on Aging and Independence

Department of Community Resources and Services

Volume 7, No. 1 • January 2017

A Message from Office on Aging
and Independence Administrator

Starr P. Sowers



Happy New Year! As 2017 begins and winter weather approaches, there are a number of precautions and preventative measures that you can take to stay safe. Most involve common sense – take extra caution when walking outside in icy conditions, and try to avoid shoveling heavy snow; if possible, make arrangements in advance for someone to do it for you. Make sure that you have a working flashlight with extra batteries, a fully charged cell phone, and either a battery operated or crank radio, and assemble an emergency kit with enough non-perishable food and water for each person in your household for three days. Include a supply of all medications you take (take a photo of the labels of all your pill bottles with your cell phone so you have the information handy should you need it). For a list of other suggested items to add to your emergency kit, visit www.ready.gov/kit.

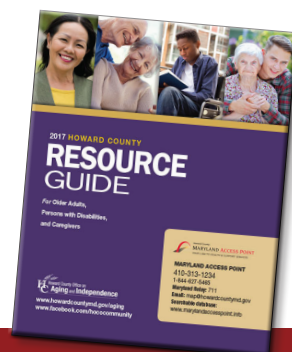
Taking the time to plan and prepare an emergency kit today increases the likelihood that you and your family will recover from an emergency tomorrow. FEMA (www.fema.gov) has created a free guide, “Preparing Makes Sense for Older Americans. Get Ready Now,” which outlines other commonsense measures older adults can take to prepare for emergencies before they happen. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared. Plus, you will start the New Year off with a little extra peace of mind.

Lastly, if you don't yet have a copy of the new 2017 Howard County Resource Guide, be sure to stop by your local 50+ center or Howard County library branch to pick one up, or contact Maryland Access Point at 410-313-1234, or email map@howard-countymd.gov to have one mailed to you. It's also available online at www.howardcountymd.gov/aging.

Howard County Office on Aging and Independence 2017 Resource Guide

The latest edition is now available at:

- Office on Aging and Independence
6751 Columbia Gateway Drive, Columbia 21046
- Howard County 50+ Centers
- Howard County Libraries
- By Mail – Contact MAP at 410-313-1234



To view the guide online, visit

www.custommediaoptions.com/digital/hocoresourceguide2017

Find a Fitness Program That Fits Your Needs

Getting fit starts with finding a program that's a good fit for you. There are many ways to be physically active — one type does not fit all! Finding the right “activity fit” will greatly increase your chances of successfully sticking with (and benefitting from) regular exercise or physical activity.

Making exercise and physical activity a regular part of your life can improve your health and help you maintain your independence as you age. According to the Centers for Disease Control (CDC), even if you have a health condition such as arthritis, diabetes, or heart disease, it doesn't mean you can't be active. In fact, regular physical activity can improve your quality of life and may reduce your risk of developing other conditions. But, be sure to talk with your doctor about the type and amount of physical activity that is right for you.

It's also important to ask yourself what you hope to gain or lose from increasing your physical activity level; is your goal to lose weight, improve strength, gain better balance, or reduce stress? For some older adults, just getting out of the house to enjoy the benefits of social interaction may be their primary goal. Others who are already physically active may want to switch it up and try something new.

Once you've set a goal, ask yourself what types of activities can help you achieve your objective: those focused on strength, balance, cardio, or flexibility. Think about the kinds of exercise you enjoyed in the past. Do you like to run or walk, cycle, dance or do yoga? Does stretching and strength training appeal to you? Where do you feel most comfortable exercising: indoors or outdoors, in a class or at the gym, at your own pace or with a group? Once you have some answers, the Office on Aging and Independence (OOAI) can help you find a program that fits your needs.

Howard County 50+ Centers and the Ellicott City 50+ Fitness Center offer a wide variety of group fitness classes that have been created to accommodate many types of exercise at differing levels of intensity. Classes are offered on various days of the week, with morning, afternoon and evening hours so you can more readily fit regular activity into your schedule. Plus, they are affordable, too.

The Go50+ program allows Howard County residents age 50 and older to use cardio and strength equipment at the 50+ Fitness Center, Roger Carter Recreation Center and the Gary Arthur and North Laurel Community centers at a low annual rate.

The most important goal is to find an activity that you will stick with to stay active. How you accomplish that is up to you. Your best fit is out there; OOAI can help you find it at any of our 50+ Centers.

Check out all the options the Office on Aging and Independence has to offer, and then choose what works for you. Visit www.howardcountymd.gov/50pluscenters for more information.

Loan Closet Team Receives Public Service Award



Congratulations to the Department of Community Resources and Services' Aging in Place Team, who received *Howard County's 2016 Customer Service Team Award (Public)* for their outstanding work coordinating the expansion of the Howard County Loan Closet and its relocation to Long Reach Village Center.

Pictured above with Howard County Executive Allan H. Kittleman at the Employee Awards ceremony October 28 are, from left, Carly Schilling, Mary Becker and Vanessa Hughes (not pictured, Chris Muller).



**Stronger. Better.
Healthier. YOU!**

Ellicott City 50+ Fitness Center

9411 Frederick Road, Ellicott City 21042
410-313-0727 • www.howardcountymd.gov/aging

**EXCLUSIVELY for Individuals
AGE 50 and OVER!**

**A G050+ Fitness Package offers 4 locations to get
your fitness on for one, low, annual fee!**

Resident: \$75/year • Non-resident: \$100/year

**Add a GROUP EXERCISE PASS for access to 16
weekly, instructor-led classes at the Ellicott City
50+ Fitness Center for \$125/quarterly**

For information on closings and cancellations,
call the **Inclement Weather/Program Status**
at **410-313-7777** (VOICE/RELAY); or visit us
at **www.howardcountymd.gov/aging**, or
[www.Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity).

SAVE THE DATE!



KNOW BEFORE YOU OWE!

Student Loan Forum and Resource Fair

Join us for a panel presentation of local, state and federal experts who will answer questions about the student loan process, provide vital resource materials and offer one-on-one guidance.

Wednesday, January 18, 2017 • 7:00 PM

Howard Community College

10901 Little Patuxent Parkway, Columbia, MD 21044

Additional information, registration and webinar options for this FREE event will be posted in December at
www.howardcountymd.gov/studentloanforum



A PARTNERSHIP PRESENTATION COURTESY OF



If you need this information in an alternate format, or need accommodations to attend, call 410-313-6420 (voice/relay) or email consumer@howardcountymd.gov by January 4.

Howard County's 2017 Children on Board

CHILD CARE & PRESCHOOL INFORMATION FAIR

FREE ADMISSION!

Sunday, January 29, 2017 • 1 - 4 p.m.

Ten Oaks Ballroom 5000 Signal Bell Lane, Clarksville, MD 21029



Please bring a non-perishable item for the Howard County Food Bank

www.howardcountymd.gov/children

410-313-1940 (VOICE/RELAY)
children@howardcountymd.gov



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This publication is available in alternate formats upon request. To join our subscriber list, email kahenry@howardcountymd.gov

6751 Columbia Gateway Dr., Suite 200, Columbia, MD 21046
410-313-6410 (VOICE/RELAY) • **www.howardcountymd.gov/aging**

Find us on **[www.Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)**

Kim Higdon Henry, Editor
kahenry@howardcountymd.gov

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START LIVING WELL TODAY!

DIABETES and other **CHRONIC CONDITIONS** can be managed with our evidence-based, self-management **LIVING WELL PROGRAM**. Participants can experience positive health outcomes, as well as reduce health complications and the need for emergency care.

LIVING WELL: Take Charge of Your Health



UPCOMING CLASS OPTIONS

To achieve the most benefits from the Living Well program, we encourage a commitment to attend all six sessions of the class.

\$28 fee includes 15 hours of workshop and materials

**Medical Pavilion at Howard County
Wellness Center, Columbia Conference Room**
10710 Charter Dr., Suite 100, Columbia, MD 21044

■ **February 24 • March 3, 10, 17, 24, 31,**
10:00 am – 12:30 pm

Columbia Community Church
8516 Thomas Williams Way, Columbia, MD 21044

■ **February 16, 23 • March 2, 9, 16, 23,**
12:00 noon – 2:30 pm
OR 6:00 - 8:30 pm

CONTACT: **Nicole Jones**
410-313-3506 (VOICE/RELAY) OR
njones@howardcountymd.gov

VIVIR SALUDABLE CON DIABETES

Vivir Saludable con Diabetes es un curso para el manejo de la diabetes. El programa lo motivará a llevar una vida más saludable.

Iglesia De Dios Pentecostal Church
6798 Oak Hall Lane, Columbia, MD 21045

6 sesiones, Sábado de
2:30 – 5:00 PM

14, 21, 28 de Enero y 4, 11, 18 de Febrero
\$28 incluye 15 horas de taller y todos los materiales

Registrese con: **Carmen Faye**
410-313-0380 (VOZ/REPETIDOR)
cfaye@howardcountymd.gov

www.howardcountymd.gov/aging

Are You & Your Pet Ready to Share Your Hearts?

Paws4Comfort fosters special bonds between pets, their owners and the County residents they visit.

If you are interested in volunteering, or wish to receive a FREE evaluation for your pet, contact:



Ingrid Gleysteen, PROGRAM COORDINATOR
410-313-7461 • igleysteen@howardcountymd.gov



2017 PET EVALUATIONS

Feb 2 • March 2 • April 6
May 4 • June 1 • July 6
August 3 • Sept 7 • Oct 5
Nov 2 • Dec 7

Held at Bain 50+ Center
5470 Ruth Keeton Way
Columbia 21044

Touching Hearts... One Visit at a Time

www.howardcountymd.gov/paws

Medicare Public Education Sessions

FREE Information Presented by SHIP

Medicare 101

Thursday, January 19 • 7:00 – 8:30 p.m.

Are you new to Medicare? Join us to learn how Medicare Parts A (hospital), B (medical) and D (prescription drug) work, what the benefits are, and when you should make decisions related to your coverage. Also, find out about benefit programs that can help pay for Medicare health care costs.

Medicare 102 – Why Medicare Isn't Enough

Thursday, January 26 • 7:00 – 8:30 p.m.

Do you know how to determine which Medicare Health Plan, such as an HMO, PPO or Cost Plan, is the right choice for you? Learn about Medicare Part C/Health Plans and Medicare Supplement Policies (Medigap Plans); how the different Medigap plans cover the gaps (out of pocket expenses) of original Medicare; how they are priced; and when is the best time to enroll. Hear about how to protect yourself and Medicare from health care fraud.

Bain 50+ Center
5470 Ruth Keeton Way, Columbia 21044

REGISTER at 410-313-7391
(VOICE/RELAY)



KNOW YOUR OPTIONS.
Contact us for help.

www.howardcountyyaging.org/SHIP

If you need accommodations to attend, call 410-313-5980 one week in advance

Howard County 50+ Centers CALENDAR HIGHLIGHTS

Go to www.howardcountymd.gov/50pluscenters
for a complete list of events, programs and services.

JANUARY

sun	mon	tue	wed	thu	fri	sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Bain 50+ Center

The Bain 50+ Center facility renovations begin Dec. 19, with limited programs and services through Dec. 30; closed Jan. 3–16; we will reopen Jan. 17. For updates, call 410-313-7777.

Tuesday, January 24 • 10:30 a.m. – Baltimore's Industrial Age: from Colonial Town to Manufacturing Center

This Baltimore Museum of Industry presentation highlights Baltimore's roots as a center of commerce, business and industry, and the workers who helped make the city an industrial landmark. FREE. RSVP: 410-313-7213.

Fridays, Starting January 27 • 2 to 3:30 p.m. – Beginner Bridge

Designed for players with little or no previous knowledge of bridge; learn the basics, and start playing in no time! \$53/5 weeks; fee includes all materials. Register at front desk.

Tuesday, January 31 • 10 to 11 a.m. – Brain Fitness Returns

Increase your ability to process information with challenging activities to build a stronger brain reserve and improve your cognitive capacity. Led by Robin Zahor, RN, BSN. FREE; to sign-up, call 410-313-7213.

East Columbia 50+ Center

East Columbia 50+ Center will undergo facility repairs and be closed December 27–30; we will reopen January 3, 2017.

Wednesday, January 11 • 10 to 11 a.m. –

The Power of Positive Thinking

Positive thinking can bring you joy and help turn your dreams into reality; the good news is, positive thinking can be learned. Taught by Mary Pat Donelan, Executive/Life Coach. FREE; to register, call 410-313-7680.

Thursdays, starting January 19 • 10 a.m. to noon –

Bridge: Beyond the Basics

This class covers transfers, preemptive bids, defensive strategies and more. \$43/four weeks; to register, call 410-313-7680.

Thursday, January 26 • 10 a.m. – Learn to Move

Learn from a certified personal trainer how to incorporate movement in your everyday life, and the proper way to move during exercise to keep you safe and avoid injury. \$5; to register, call 410-313-7680.

Elkridge 50+ Center

TEMPORARY LOCATION: 5660 Furnace Avenue, Elkridge 21075

Friday, January 6 • 10:30 a.m. to 1 p.m. – New Year Gala

Enjoy live music, games and good food to ring in the New Year in style. \$5; to register, call 410-313-5192.

Thursday, January 12 • 11 a.m. to 1 p.m. – Spaghetti Dinner

Join us a homemade spaghetti dinner; bring a friend or two for an enjoyable lunch. Donations accepted; to register, call 410-313-5192.

Thursday, January 26 • 10:30 a.m. to noon – Insurance Scams

A Maryland Insurance Administration representative will share information that can protect you from scams and show you how to save money on premiums. FREE; for details, call: 410-313-5192.

Ellicott City 50+ Center

Wednesdays, starting January 11, 2 to 3 p.m. –

Spot Energy Healings: Tune-ups for Your Body

Tune up your body in 2017 with a 15-minute healing session. \$10; call 410-313-1400 for more information or to schedule.

Mondays & Wed., Jan. 9-March 15 • 10 a.m. – Active Adult

Get moving with a cardio warm-up, strength training, balance and core muscle work (requires strong independent balance ability). \$76/18 classes; no class Jan. 16 or Feb. 20. Register: 410-313-1400.

Tuesdays & Thurs., Jan. 10-March 16 • 10 a.m. – Still Kickin'

This low-impact cardio kickboxing class includes seated and standing moves to strengthen shoulders, arms, abs and legs and tone upper and lower body. \$85/20 classes. Register: 410-313-1400.

Glenwood 50+ Center

Friday, January 13 • 11 a.m. – The Flag, the Poem, the Song

Join Baltimore historian Wayne Schaumburg for a history lesson and discussion of the story behind our national anthem. FREE. Register: 410-313-5440.

Tuesday, January 24 • 9 a.m. – Oatmeal Bar

Get a healthy start to your day! Join us in the lobby for a delicious oatmeal bar with a variety of toppings. Information: 410-313-5440.

Friday, January 27 • Noon – Chili Cook-off

Make your favorite chili or try a new recipe and enter our chili cook-off. Lunch is free for all entrants, \$6 for all others; includes chili, salad, cornbread and dessert. Pre-register: 410-313-5440.

North Laurel 50+ Center

Mondays, January 9 to March 13 • 9 to 9:45 a.m. –

Mindful Mondays: Meditation and Movement

This fusion class combines a guided meditation with light yoga stretches to incorporate a little mindfulness in your daily life. \$35/six sessions; no class January 16 or February 20. To register, call 410-313-0380.

Tuesdays & Thursdays • 11:15 a.m. to noon – Building Balance

This combination of light cardio and muscle strengthening exercises using bands and weights can increase your range of motion, as well as improve both posture and hand-eye coordination. \$48/eight sessions. To register, call 410-313-0380.

Wednesday, January 18 • 11 a.m. to 1 p.m. – Winter in Paradise

Chase away the winter blues with cheeseburgers, mock margaritas and live music by Panama Rex, a Jimmy Buffet Tribute band. \$5 plus lunch donation. For tickets, call 410-313-0380.

Thursday, January 19 • 11 a.m. to 1 p.m. –

Winter Wellness with Essential Oils

Refresh your skin with natural remedies such as lavender, rosemary and sandalwood; learn about essential oils and how to incorporate them into your skincare routine. FREE; to register, call 410-313-0380.